



Safe Bar-B-Q Grilling Tips: Outdoor Safety



Tips For Staying Safe

Increase your intake of non-alcoholic, non-carbonated, caffeine free beverages

- ✓ Wear clothing that is light in color and loose
- ✓ Avoid the outdoors during extreme heat
- ✓ Stay in air-conditioning / shaded areas
- ✓ Eliminate strenuous activity
- ✓ Eat less food that increase metabolic activity
- ✓ Apply sunscreen at least 30 minutes before going outside
 - Sunscreen protection factor should be at least 15 (SPF)
 - Keep children out of sun between 10am and 4pm - that's when sun rays are strongest



- Keep a fire extinguisher accessible
- Do not wear loose clothing
- Do not grill in garage, porch, carport, patio, fire escapes
- Keep grill 20-50 ft from house, car, trees
- Check for gas leaks on gas grills
- Do not add flammable liquids to lit charcoal grills



Summer Safety



The Heat Index

- 80-90 - Fatigue possible with prolonged exposure and/or physical activity
- 90-105 - Sunstroke, heat cramps, and heat exhaustion possible with prolonged exposure and/or physical activity
- 105-130 - Sunstroke, heat cramps or heat exhaustion likely, and heatstroke possible with prolonged exposure and/or physical activity
- 130 and higher - Heatstroke/sunstroke highly likely with continued exposure



Pesticide Safety

- Read the label and note warnings
- Keep out of reach of children
- Do not smoke or eat while using pesticides
- Do not apply more than specified amount
- Wear protective clothing and mask
- In case of a spill, flush skin with water

Fun In The Sun Gardening Tips:



- Avoid overexposure to sun
- Be careful with power tools
- Warm up your muscles
- Wear long pants & gloves
- Wear bug repellent



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Summer Safety

Our Goal? To protect our most important resource - our Soldiers, Civilians and their Families - from tragedies related to POV accidents.

YOU KNOW DUI KILLS

- ✓ Monetary fines
- ✓ Jail time
- ✓ Probation
- ✓ Possible loss of license
- ✓ Raise insurance premiums
- ✓ Civil lawsuits



Buckle UP! Every trip - every time!

Distracted Driving Tips...

- Change your ways! Recognize the activities that distract you, such as eating, talking on the phone or changing a CD. Once you recognize these distractions, you can work to eliminate them.

- Make a plan. Know your route in advance and make sure you clearly understand your directions. Check the weather and road conditions. If you're traveling with children, ensure they are properly buckled up and you have items to keep them occupied, such as books on tape or soft toys.

- Manage your time so you don't have to multitask or drive aggressively on the road.

WATER SAFETY



- Never swim alone
- Not sure of area don't swim there
- Swim only in guarded areas
- Swim parallel to shore
- Never swim where "No Swimming" signs are posted



POOL SAFETY

- Don't run around the pool edge
- Observe warning signs "NO Lifeguard On Duty"
- Never allow young children to swim without supervision



SAFE BOATING RULES

- ✓ Know your boat
- ✓ Don't overload
- ✓ Keep a good lookout for other boats/objects
- ✓ Operate at safe and legal speeds
- ✓ Take sufficient fuel in proper containers
- ✓ Learn boating laws and obey them
- ✓ Never operate a boat while intoxicated



JET SKIS

Wear flotation device



- Attach the safety lanyard to you
- Stay at least 100ft. from boats, divers, rafts and swimming areas
- Don't operate under the influence of alcohol or drugs

VACATION SAFETY

What better time of the year is there for taking vacations than summer? The days are long, the temperatures are warm and the urge to get away - whether it's for sightseeing or visiting friends and Family - is too hard to resist. But before you head out, **remember safety!**

- ✓ **Vehicle maintenance - safety checks**
- ✓ **Sightseeing - watch out for pedestrians**

It's better to pull off the road where it's safe than run off the road where it isn't.

✓ **THIRSTY?** Think twice about slaking that desire with soda or other caffeinated drinks, energy shots or adult beverages. While they may be refreshing at the moment, they're diuretics that actually remove what your body needs most - water!



HOME SAFETY

Recognizing hazards and knowing how injuries occur is key to keeping everyone in your household safe, both indoors and out. The National Safety Council lists the following injuries as the top home-related hazards:

- **Drowning**
- **Falls account for 8.9 million trips annually to emergency rooms**
- **Poisoning is responsible for more than half of all fatal home-related accidents and includes deaths from drugs, medicines, other solid and liquid substances, and gases and vapors**
- **Burns are often the result of scalds (steam, hot water, hot drinks and foods), fire, chemicals, electricity and overexposure to the sun**
- **Choking and suffocation are the**